



The Challenge - Week 9

Two weeks and two pounds left in the 10 in 10 Challenge. Have you remained committed to your goal? Enjoy this week's suggested activities and continue on your way to better health.

The initial Challenge began on January 15th and runs through March 25th. The 10 in 10 Challenge encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. **Keep reading to find this week's nutrition and physical activity challenge and get started today!**

Weekly Nutrition Challenge #9

Choose leaner cuts of meat - Each day this week, choose cuts of meat that are lower in fat to reduce your calorie intake by 250 calories per day.

At supermarkets today, there are limitless options in the size, quality, and cut of meat. Meat has qualities that are important to a nutritious diet but some meat options are better than others. As you plan and prepare your meals for the upcoming week, try to choose cuts of meat that are lowest in fat and calories to help you reach your weight loss goals. You'll also want to remember to limit your portion sizes to 2-3 ounces.

Leaner cuts of meat contain less than 3 grams of fat per ounce. Some examples that fulfill this standard are:

- Lean lunch meat
- Flank steak
- Sirloin tip
- Rump roast
- Chicken
- Turkey burgers
- Baked, broiled, or grilled fish



Vegetarians: Even though meat may not be a part of your diet it is important to include sources of protein in your diet. Whatever your diet preference is, examine it to identify ways to make lower fat substitutions.

Weekly Physical Activity Challenge #9

Organize outdoors! - Spend 35-45 minutes working on outdoor projects each day this week to burn approximately 250 calories. Accomplish those long overdue jobs while losing a pound.

The weather in Indiana is warming up, making it even easier to incorporate additional physical activity into your day. Each day this week, pick an outdoor task that can be accomplished in 35-45 minutes. Perform the outdoor task at a moderate pace so that your heart rate is raised. In that short period of time you can accomplish both your health goals and get a jump on spring maintenance.

There are many activities that you can do outdoors. Try some of the following or create your own!

- Hand wash your car
- Rake leftover leaves
- Prepare plant beds for spring
- Sweep your driveway or sidewalk
- Lay out some mulch
- Clean your gutters
- Organize a garage or shed



If you find that you have accomplished all of your own maintenance tasks, consider volunteering in your community. You can tidy bus stops, parking lots, or help landscape your local church or library. Or just go for walk in your neighborhood and pick up any trash that you find to benefit everyone!

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